

Naval Hospital Lemoore Ombudsman Newsletter

March 2011
Volume 1, Issue 1

Command Ombudsman, 937 Franklin Avenue Lemoore, CA 93246, (559) 260-4263

This Issue:

Command Master Chief
message

Ombudsman message



Message from the Command Master Chief

Greetings Naval Hospital Lemoore family.

First and foremost, I would like to extend a big "thank-you"! Many people do not realize the sacrifice and dedication our Navy families make day-to-day especially when their loved ones are serving our Nation.

This is our inaugural Ombudsman Newsletter to help establish a positive supportive relationship between the command and our Navy families.

The role of the Command Ombudsman is multifaceted and is prepared for any type of situation that may arise. She has direct access to the senior leadership of Naval Hospital Lemoore

and should be your main conduit for all matters pertaining to the health and welfare of your family structure during arduous times. Mrs. Tawna White is fully trained and tremendously motivated to help each of you.

Incredibly, we have over 25 personnel deployed and more than 10 selected for deployment. The loss of this many people would normally cripple any typical organization, however, thanks to the outstanding efforts of every officer, enlisted, civilian and volunteer, we are able to continue to accomplish our mission.

Please contact our Ombudsman if the need arises. Mrs. White is Naval

Hospital Lemoore's trusted agent between the command and its dependents, and I am certain that with our confidence in her, we will be able to overcome any obstacle that lies in our path during these current and upcoming deployments.

Robert White, HMCM (FMF/SW/SCW), USN
Command Master Chief

Naval Hospital Lemoore
Ombudsman Contact
Information:

Tawna White

(559) 260-4263

Tawna_White@
hotmail.com



*"Other things may change
us, but we start and end
with family". ~Anthony
Brandt, American Author*

From Your Ombudsman

What exactly is an Ombudsman?

Ombudsmen are trained volunteers and spouses of service members within the command who are appointed by the Commanding Officer to be an official liaison between the command and its families.

The ombudsman assists the CO in maintaining the morale and welfare of the command's active duty

service members and its families. We support the command mission by providing communications, outreach, resource referral information and advocacy to and for command families.

I am here to serve you 24 hours a day, 7 days a week.

Fleet & Family Support Center

The Fleet & Family Support Center is a one-stop for all your quality of life needs. The workshops available are listed below. For specific workshop dates and times, and to register for the workshops, go to www.cnrsw.navy.mil/fsc or call 1-866-923-6478.

Employment

- Finding Federal Employment
- Insights—Starting A Home Based Business
- Introduction to Owning Your Own Business
- Job Search Strategies
- Resume Writing
- Troops to Teachers
- Winning Interview Techniques

Exceptional Family Member (EMFP) Classes

- EMFP Orientation

Family and Spouses

- Active Duty Pregnancy Resources Workshop
- Couples Conflict Resolution
- Developing Your Family Care Plan
- International Spouse Tea
- Managing Separation
- Preschool Blocks
- Space A Travel
- Spouse Connect...A Group for Military Spouses
- Spouse Readiness Workshop...Resources for the Military Family
- Toddler Time

Financial Management

- Car Buying
- Consumer Awareness
- Credit Management
- Developing Your Spending Plan
- Home Buying
- Million Dollar Sailor
- REDUX and the \$30,000 Bonus
- Surviving the Holidays Financially
- The Art of Successful Investing

- Understanding Military Pay Issues

IA Support Events

- IA family Connection Meeting
- IA Family Homecoming
- Returned IA Workshop

Local Resource Guide

3

- Base Security:
998-4749
- Naval Hospital
Urgent Care Clinic:
998-4435
- Fleet & Family
Service Center:
998-4042
- MWR (Base)
Theater:
998-4641
- Gym & Fitness:
998-4883
- Navy Marine Corps
Relief Society:
998-4045
- Hanford Police Dept:
585-2540
- Lemoore Police Dept:
924-9574
- Lemoore Taxi Cab:
924-4440
- KART (Bus):
(800)872-7245

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society (NMCRS) is a private non-profit charitable organization that was founded in 1904. It currently operated approximately 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world.

The NMCRS services include:

- ◆ Scholarships and interest-free loans for education
- ◆ Financial counseling
- ◆ Budget for Baby Workshops
- ◆ Thrift Shops
- ◆ Visiting Nurse Services
- ◆ Interest-free loans and grants to assist with emergency needs such as:

- Emergency Transportation
- Funeral Expenses
- Medical/Dental Bills
- Disaster Relief Assistance
- Child Care Expenses
- Essential Vehicle Repairs
- Unforeseen Family Emergencies

To contact the NAS Lemoore NMCRS, call 559-998-4045 or visit the website at www.nmcra.org for a list of complete services, qualifications, and locations.



Remember Our Currently Deployed Sailors and their Families

- | | |
|------------------------------|----------------------------------|
| 1- HM2 Christopher MacMillan | 13- LCDR Kelly Bricko |
| 2- HM2 Edgardo Ferrer | 14- HM2 Carlos Rocha |
| 3- HM3 Jeremy Maddox | 15- HM3 Brian Sutton |
| 4- HM2 Robert Dickerson | 16- HM3 Matthew Quintana |
| 5- HM2 Tommy Fejarang | 17- LCDR Robert McMahon |
| 6- CDR Wes Cho | 18- HM1 Randolph Bazile |
| 7- HM2 Jonathan Ashmore | 19- HM2 Jose Jimenez |
| 8- HM2 Jason Cahill | 20- LT Albert "Eric" White |
| 9- HM2 Allan Sabino | 21- LT Virginia "Jenny" Sullivan |
| 10- ENS Manuel Brenes | 22- LCDR Chris Gilmore |
| 11- LCDR Kathy Williams | |
| 12- HM2 Christian Tilley | |

Be sure to Welcome Home our Sailors Returning from Deployment

- | | |
|--------------------------------|-------------------------|
| 1- HM1 Reiner Casupanan | 9- HM3 Marie Avendano |
| 2- HM2 Van Stitt | 10- CDR Debbie O'Hare |
| 3- HM2 Timothy Edgar | 11- LT Timothy Benjamin |
| 4- HM3 Billy Juniel | 12- HM2 Lorenzo Cruz |
| 5- HM2 Steven Kellystahlnecker | 13- HM3 Tanya Tayag |
| 6- HM2 Steven Kelly | 14- LCDR Thomas Piner |
| 7- HM2 Timothy Auty | |
| 8- HM2 Douglas Knapp | |



News from the CO

The First Great Catch Award:

This is a new kind of award. The first Great Catch Award was awarded to the UCC department for outstanding performance of duties while reviewing lab test results.

First rule of thumb in medicine; you don't treat a lab result, you treat the patient!

Here are the rest of personnel who were recognized for various achievements and awards this month:

Navy and Marine Corps Commendation Medal:

HM1 Weyand, Richard S.

Military Outstanding Volunteer Service Medal:

HM1 Bazile, Cowanda

Junior Sailor of Quarter, 1st Quarter FY 2011:

HM3 Moreno, Richard A.

Bluejacket of Quarter, 1st Quarter, FY 2011:

HN Gant, Gregory S.

Frocked to the next pay grade:

HM2 (Select) Smith, Stacey
HM3 (Select) Gardner, Brandon

Junior Officer of the Quarter, 4th Quarter, CY10:

ENS Brenes, Any

Senior Civilian Of the Quarter, 4th Quarter, CY10:

Ms. Barbara J. Rustad

Civilian of the Quarter, 4th Quarter, CY10:

Mr. Jefferson C. Imatong

Contractor of the Quarter, 4th Quarter, CY10:

Ms. Carrie L. Hardy

Civilian of the Year, CY 2010:

Ms. Shirley C. Fernandez

Senior Civilian of the Year, CY 2010:

Ms. Janet S. Domingo

Member Separated in February:

HM3 Greene

Member PCS/Transferred in February:

HMCS Fabros, Glenn E.

Reenlistment in February 2011

HMC Delacruz
HM1 Basilio
AT3 Wagner

New Personnel Reported to the Command in February:

LT Jaudon, Katherine
HM1 Keller, Angela
HM3 Gleason, Chad
HA Pollard, Micah
HR Justice, Chad

Farewell Deployment Recognition and Signing of the Flag:

LCDR Gilmore, Chris
LT White, Albert
LT Sullivan, Virginia

Retirements in February & March

LCDR Mann, Bonney- February
LCDR Burnell, Diane- March



"The difference between ordinary and extraordinary is that little extra."

Jimmy Johnson